

LEFT & RIGHT

ARTIST: Charlie Puth & Jung Kook

TRACK LENGTH: 2:35

TRACK SPEED: 100 bpm | 0%

FORMULA: [ABC ABC AD AD]

MOVE A: Hip lift to the top corner (hips go to the side at the top of the hip thrust). Alternate corners.

MOVE B: One leg straight up with flexed foot, push through bottom foot to get hips up. Slow X4. Alternate.

MOVE C: Legs up in a straddle: open legs, bring together slightly. Slow pulse.

MOVE D: Hips up: alternate walk feet to straight position X4, walk them back to start X4.



MOVE	LYRICS	REPS/CT	NOTES
A	Memories Follow Me Left And Right	8x/16 cts	
B	Ever Since The-The Day You-You Ran Away	2x/32 cts	
C	Oh! No (Oh! No)	8x/16 cts	
A	Memories Follow Me Left And Right	16x/32 cts	
B	Ever Since The-The Day You-You Ran Away	2x/32 cts	
C	Oh! No (Oh! No)	8x/16 cts	
A	Memories Follow Me Left And Right	16x/32 cts	
D	Did You Know You're The One That Got Away?	4x/32 cts	
A	Memories Follow Me Left And Right	16x/32 cts	
D	Instrumental	2x/16 cts	